

Pandemic Influenza Preparedness: Child Care Community

Fairfax County Health Department
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Outline

- Overview of seasonal, avian and pandemic influenza
- Infectious diseases transmission in day care and School settings
- Pandemic influenza preparedness in Fairfax County
- How to prepare your day care
- Impact of individual pandemic influenza preparedness on the community strategy

Seasonal Influenza – “flu”

- Respiratory infection spread through contact with respiratory secretions from infected person who is coughing and/or sneezing
- Takes 1 – 5 days from exposure to onset of symptoms
 - Fever, chills, body aches, sore throat, cough, headache
- People have some immunity against circulating viruses from previous exposure or vaccination
- In the U.S., peak flu activity usually occurs between December and March

Avian Influenza – “bird flu”

- Infection caused by avian influenza A viruses that occur naturally among birds
- Infected birds shed virus in saliva, nasal secretions and feces
- Human cases result from direct contact with infected poultry
- **H5N1 bird flu virus**
 - Outbreaks in poultry in Asia, Europe and Africa
 - 258 confirmed human cases, including 153 deaths as of November 13th
 - Meets two out of the three conditions required to cause a pandemic

Pandemic Influenza

- Global outbreak of flu disease
 1. Emergence of a new influenza A virus into the human population
 2. Virus causes serious illness because individuals have no existing immunity (protection)
 3. Virus adapts into a strain capable of spreading easily from person to person worldwide

Influenza: Current Status

- There is no human influenza pandemic anywhere in the world
- Sporadic cases of seasonal influenza in Virginia
- Current flu vaccine will protect against seasonal not pandemic influenza virus

History of Influenza Pandemics

- Three influenza pandemics in the 20th century
 - 1918 (H1N1) – 40 million deaths
 - 1957 (H2N2) – 2 million deaths
 - 1968 (H3N2) – 700,000 deaths
- The next pandemic?
 - No one can predict timing, nature and severity or what the new virus may be

What to Expect during a Pandemic

- 2 or 3 waves of disease outbreak over period of a year or more; outbreak in a community lasting about 2 – 3 months
- Possibly as many as 35% of the population affected, with large numbers of deaths
- Enormous demands on the health care system
- Delays and shortages in available vaccines and antiviral drugs
- Possible disruptions in usual services
- Simultaneous outbreaks throughout the country

Approximate beginning of the epidemic, 1918



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sept. 14

before
sept. 14

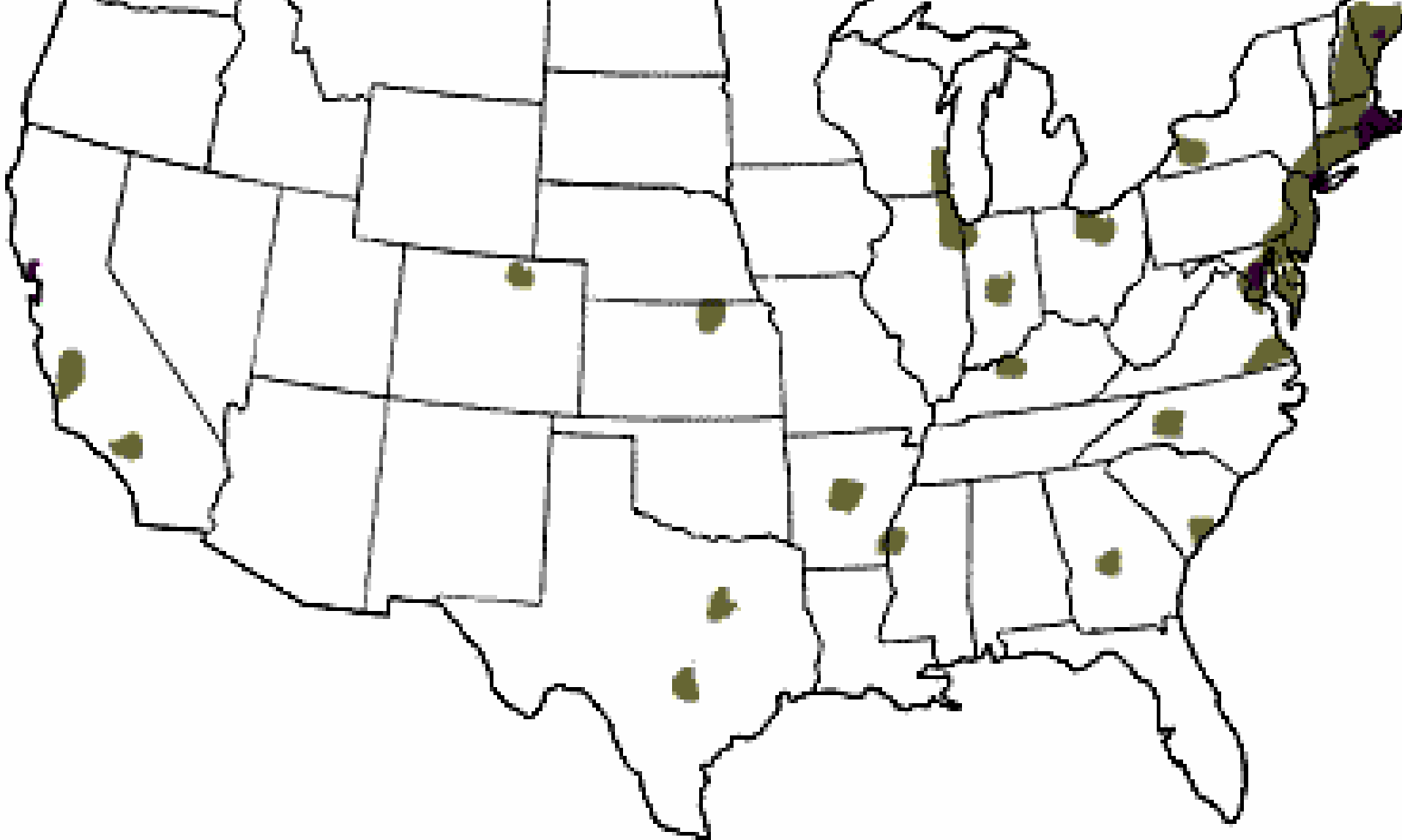
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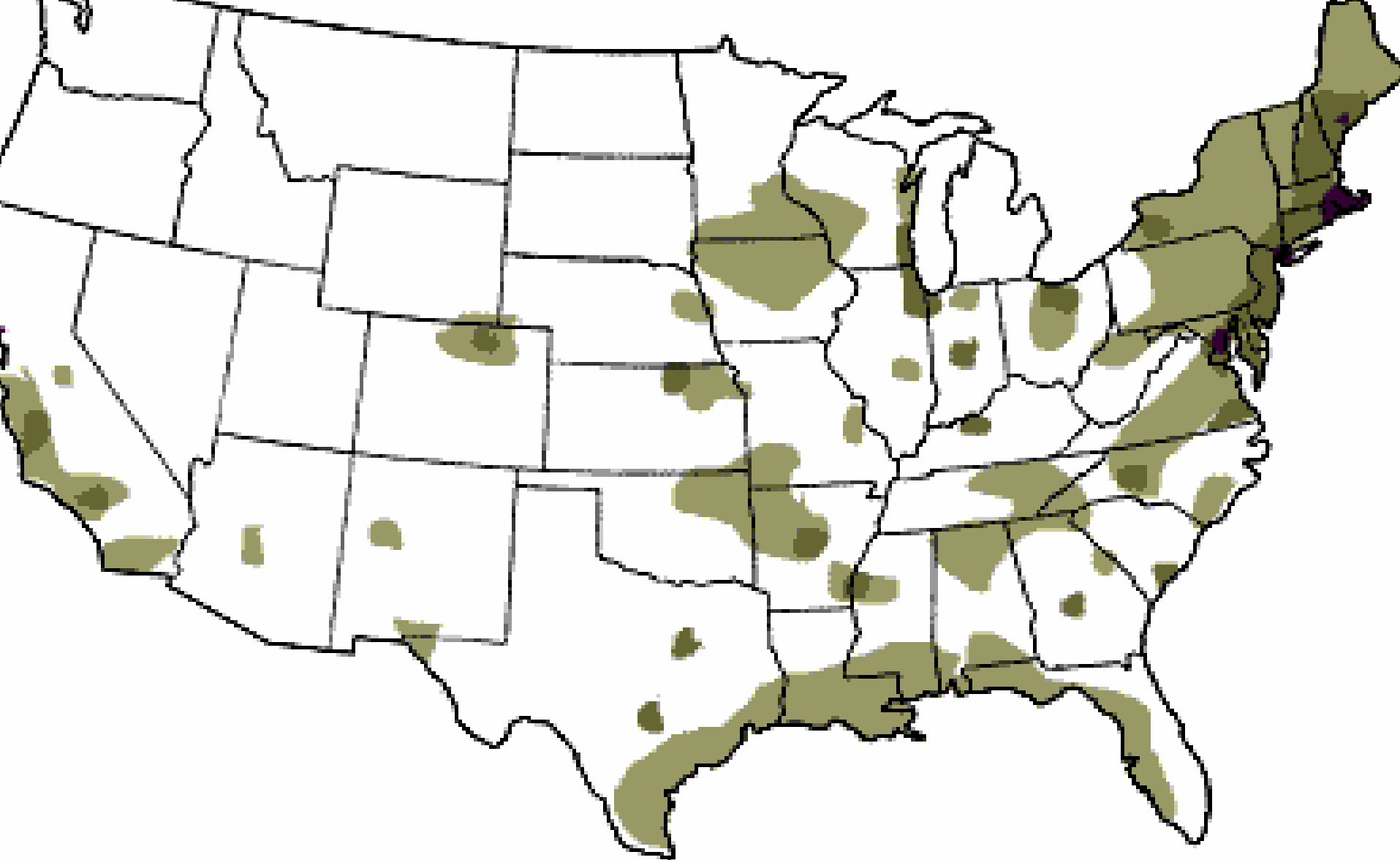
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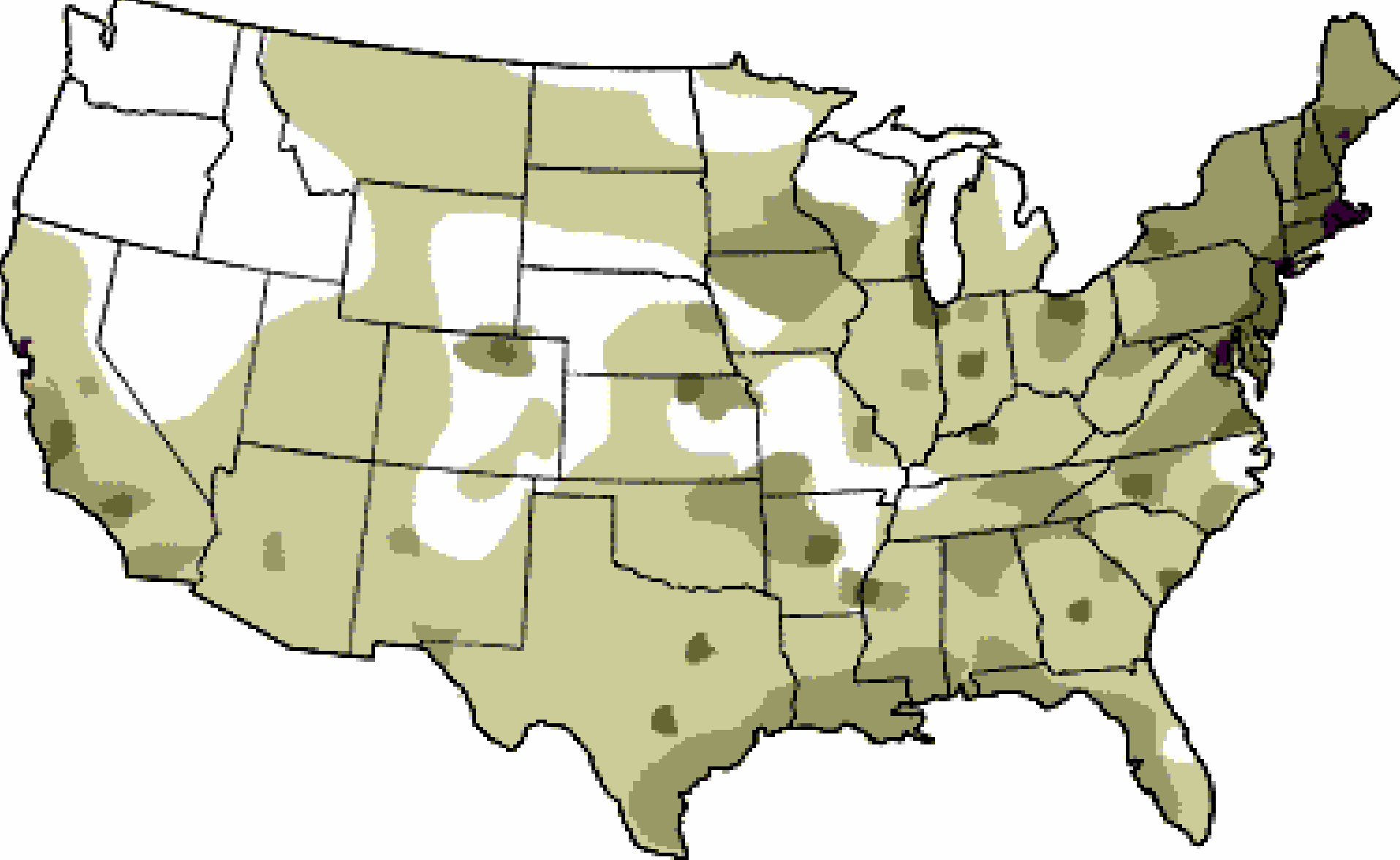
Source: *America's Forgotten Pandemic - The Influenza of 1918 - 1989*



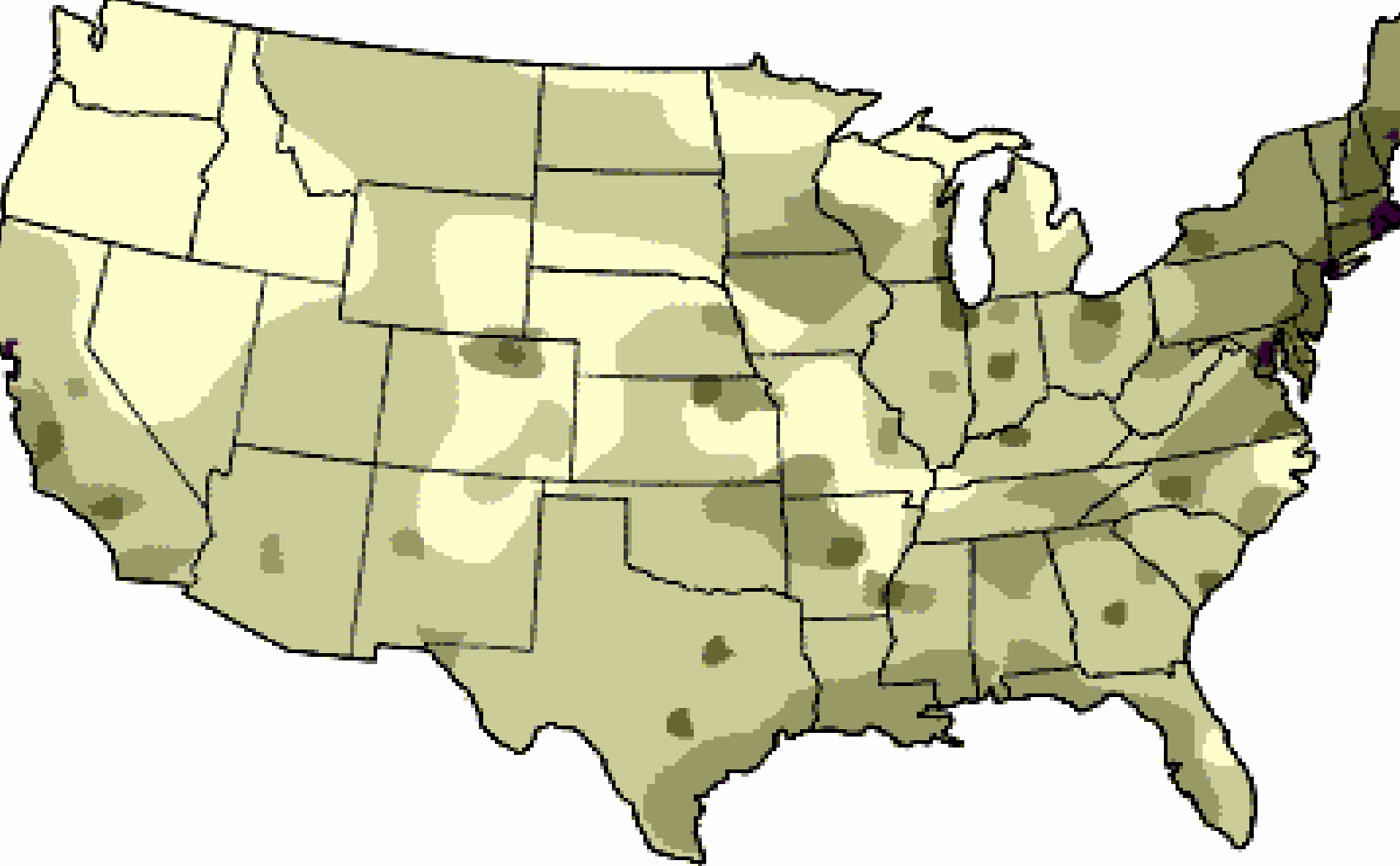
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Community Disease Prevention

- Containment Strategies
 - Vaccines
 - Antiviral agents
 - Social Distancing
 - Infection Control

Infectious Diseases Transmission in School and Day Care settings

- GI illnesses, pink eye, colds, flu and other infectious diseases can spread quickly
 - Poor hand and respiratory hygiene
- Impact
 - High attack rates among children
 - Potential for serious illness, especially in the very young and medically fragile
 - Disruption of school activities
 - Parental absenteeism from work
 - Secondary illness episodes among family members

What You Can Do

- Stop germs from spreading
 - Cover coughs and sneezes
 - Wash hands often
 - Stay home when sick

Fairfax County's Hand Washing Campaign: "Your Health is in Your Hands: WASH"



FAIRFAX COUNTY HEALTH DEPARTMENT
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Preparing for an Influenza Pandemic

Fairfax County Planning

- Embedded in County All- Hazards Emergency Plans
- Multi-disciplinary workgroups in accordance with state, regional and federal planning efforts
 - Over 30 county agencies, cities of Fairfax and Falls Church, towns of Herndon and Vienna, schools, hospitals, private sector groups and partner organizations.
 - Public Health and Critical Infrastructure
- Goal is to rapidly detect and contain outbreaks, maintain essential health care and community services as best as possible during a pandemic

County Efforts Underway

- Town Hall Meetings (April 2006)
- Engaging business community (May 2006)
- Working with First Responders
- Educating partners (July-December 2006)
 - * Child Care
 - * Long-term Care
 - * Physicians
 - * Human Services Partners
 - * Home Health Care
 - * Foster Care (January 2007)

County Efforts Underway

- Continuing Health Care Surge planning
- Enhancing capacity to communicate information to the public
- Reviewing dispensing site plans to rapidly vaccinate large populations
- Identifying social distancing measures

Why plan now?

- Being proactive to ensure adequate measures are taken in advance will lessen the potential impact
- Preparedness will strengthen the capacity to respond to seasonal flu epidemics and other infectious disease threats
- “Any community that fails to prepare, with the expectation that the federal government will come to the rescue will be tragically wrong.”
 - HHS Secretary Michael O. Leavitt, April 10, 2006

Why Plan Now?--- Infrastructure

- Significant disruption of transportation, commerce, utilities, public safety and communications
- Limited to no assistance from state and federal governments due to nationwide impact

Why Plan Now?--- Businesses

- High absenteeism
- Challenges getting to/from worksite
- Psychological impacts on workforce will be extreme
- Social distancing efforts may dramatically change hours of operation or close businesses temporarily
- Economic losses – small businesses at greatest risk

Fairfax County Pandemic Influenza Response Plan

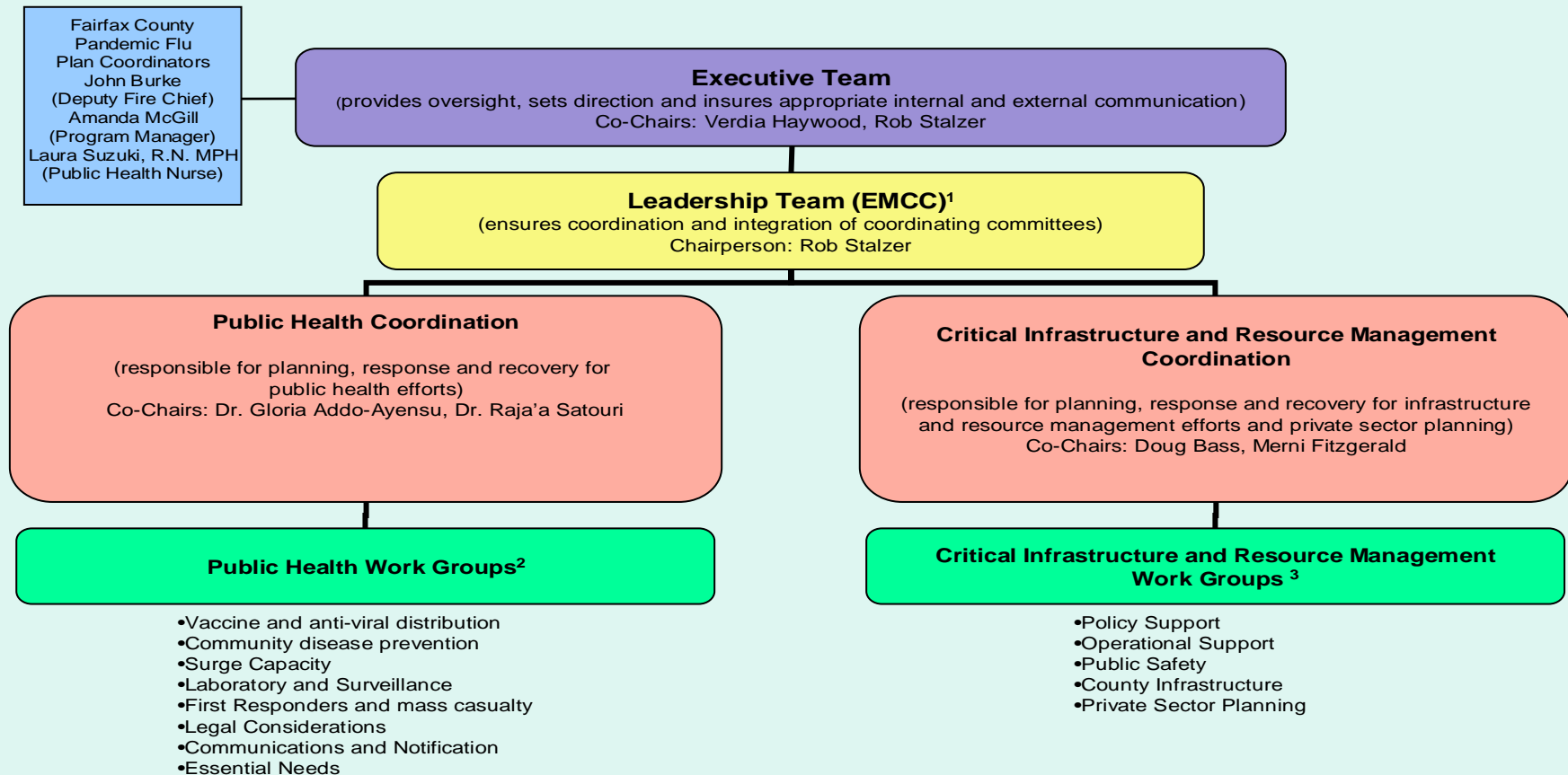
- Available on County website
- Describes the coordinated local strategy to prepare for and respond to an influenza pandemic
- Supplements state and federal pandemic influenza response plans
- Health Department plays a critical role in overall response activities

Goal of Fairfax County Response Plan

- Contain and control disease outbreak
- Limit the number of illnesses and deaths
- Preserve continuity of essential government functions
- Minimize social disruptions
- Minimize economic loss

Fairfax County's Pandemic Flu Planning Structure

Pandemic Flu Planning Initiative Structure



¹ The Emergency Management Coordinating Committee will serve as the Leadership Team for this effort

² Steering Committee: Dr. Gloria Addo-Ayensu, Dr. Raja'a Satouri, Barbara Antley, Holly Clifton, Kimberly Cordero, Zandra Duprey, Marilyn McHugh, Michelle Milgrim, John Niemiec

³ Steering Committee: John Burke, Carol Lamborn, Amanda McGill, Becky McKinney, Larry Moser

Public Health Preparedness

- Multi-disciplinary workgroups
 - Communication and notifications*
 - Vaccine and antiviral distribution
 - Community disease control and prevention
 - Essential needs*
 - Laboratory and surveillance
 - Surge capacity
 - First responders*
 - Legal
 - Mass fatality management

County Pandemic Preparedness Strategies

- Develop or enhance disease surveillance programs
- Ensure mass vaccination plans are in place and ready to be implemented
- Establish guidelines for using antiviral medications

County Pandemic Preparedness Strategies

- Develop methods to implement non-medical measures to decrease the spread of illness
- Educate public and partners on the consequences of pandemic flu and how to prepare
- Assist partners with pandemic preparedness planning aimed at maintaining health care and other essential services

Pandemic Influenza Community Outreach

- Public education on pandemic preparedness with special outreach to ethnic community, elderly and hard-to-reach populations
- Self-care guide to be distributed to all households
- Hand Washing and Cover Your Cough campaign
- Physician education and N-95 fit testing program
- Summits and presentations

Critical Infrastructure and Resource Management

- Strategies to lessen impact on critical services
 - Continuity of Operations Planning (COOP)
 - Provision of critical services
 - Policies to protect the workforce
 - HR, Risk Management,
 - Increase capacity for telecommuting
 - Workforce communications and public messaging
 - Private sector planning

Critical Infrastructure

- The child care industry is critical to the infrastructure
- Parents cannot go to work if child care is not available
 - May require revision of staffing plans, extension of staffing through retired employees etc, and possibly redefinition of essential services and employees
- Child care centers may be asked to close if it is in the interest of the public health

Challenges for Your Specific Agency

- Ability to perform your critical role in this unique, high demand situation with limited human resources
 - Employees are most affected during a pandemic, not infrastructure
 - Possibly up to 40% absenteeism due to illness in employee, family member or fear

Start Now—Educate your staff, students and their families

To protect themselves, their families and community

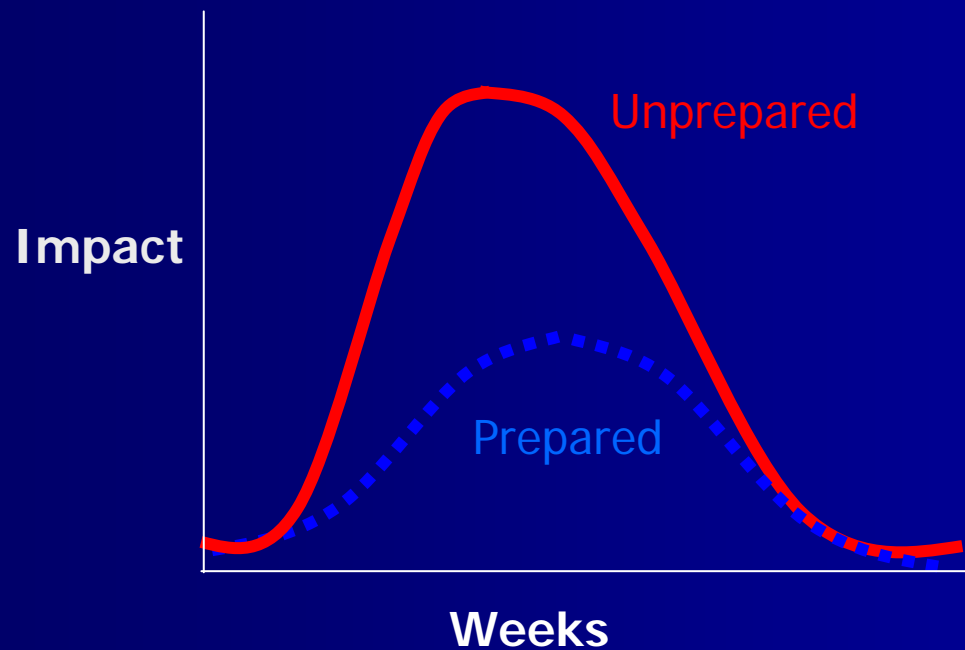
- Stay informed
- Stop germs from spreading
 - **Cover their cough and sneeze**
 - **Wash their hands often**
 - **Stay home when they are sick**
- Get their flu shot each year.
- Have a good home disaster preparedness plan. Identify friends and neighbors in advance to assist, when help is needed.

Child Care Facilities and Pandemic Influenza

"In preparation for a pandemic, our schools are uniquely equipped to disseminate preventative health information to teachers, students, parents, and the local community."

Margaret Spelling, March 2006
Education Secretary

Impact of Planning



Adapted from HHS

Child Care and Preschool Pandemic Influenza Planning

Why You Are Here?

- A pandemic has the potential to disrupt the services provided by your school or center in a variety of ways
 - It is important that you develop a plan in advance
- Your child care and preschool programs can help protect the health of your staff and the children and families you serve

Where to Begin?



- Planning and Coordination
 - Assign a coordinator to develop and write a pandemic flu plan – include as part of your emergency plan
- Program Operations
 - Plan now for continuity of program operations
- Infection Control Policies and Actions
 - Implement actions to prevent the spread of flu
- Communications Planning
 - Educate and train staff and parents now

Planning and Coordination



- Form a Planning Committee
 - Comprised of staff and parents
 - Include members from different groups served by your programs
 - Include non-English speaking parents

Planning and Coordination



- Assign a Plan Coordinator
 - Disseminate information about pandemic flu
 - Identify ways a flu pandemic may affect your program and write a plan of action

- Talk with other child care and preschool programs
 - Share your plan
 - Work together to produce a stronger plan

Continuity of Program Operations



- How will you handle?
 - Program changes or cancellations
 - Staff absences – 30-40%
 - Gaps in student learning
- Identify essential services
 - Determine staffing levels

Continuity of Program Operations



- Provide ways for parents to continue their child's learning at home
- Plan ways to continue with basic functions if your program is closed
 - Payroll for staff
 - Keeping in touch with staff and students

Infection Control Policies

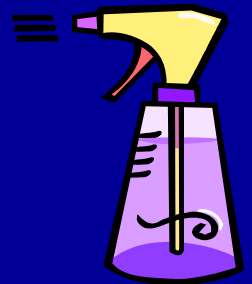
- Teach **staff, children and their parents** how to limit the spread of infection
 - Good hand washing



- 20 seconds with soap and water when hands are soiled
- Alcohol-based hand rub when soap and water are not available and hands not visibly soiled

Infection Control Policies

- Cover the mouth when coughing or sneezing
 - Into your arm or cover with a tissue then wash hands
 - Cover Your Cough posters
- Clean frequently touched surfaces, toys and commonly shared items at least daily and more frequently when soiled
 - $\frac{1}{4}$ cup chlorine bleach with 1 gallon cool water



Infection Control - Supplies

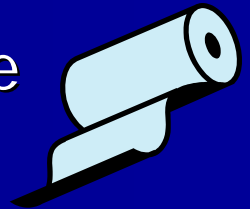
- Keep enough supplies on hand to help control the spread of infection



- Alcohol-based hand rub at the door entrance and in other areas without a sink and running water

- Keep soap at all sinks

- Paper towels, waste baskets throughout the facility



- Tissues for cough hygiene, sneezing and runny noses

- Nurseries, child care rooms, reading rooms, classrooms, and rooms where meals are provided

Infection Control - Supplies

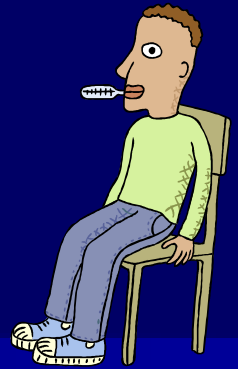
- Keep all supplies in easy to locate places
- Keep at **least** two extra weeks of supplies on hand

Vaccination



- Encourage flu vaccination for:
 - All children 6 months to 5 years old
 - Anyone who cares for children aged 6 months to 5 years
 - All staff
- Flu vaccination is the primary way to prevent seasonal flu

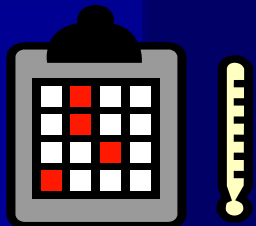
Daily Health Checks



- Observe all children for illness – respiratory (coughing/breathing problems), fever, rash, or other

Daily Health Checks

- Daily health checks help staff to determine if a child is sick and will reduce spread of a communicable illness in a child care setting
 - Do not admit ill children
 - Keep good absentee records (staff and children)
 - Include in the record what type of illness caused the absence (e.g., fever, rash, diarrhea/vomiting)
 - Notify parent if a child develops a fever
 - Use your established fever protocol for what constitutes a “fever”



Sick Care



- Tell parents to let the program know when their child is sick
 - Educate, educate, educate
 - Keep sick children at home – why it is important!!
- Develop plan to keep children who become sick at school away from other children
 - Separate location of sick children until family arrives to pick them up

Sick Care



- Require staff to stay at home if they are sick
 - If staff become sick at work, require that they go home
 - Provide paid sick leave so staff can stay at home without lost wages to encourage compliance
- Everyone -- staff and children should remain at home until they are well
 - Children and staff should not return until they are without fever for 24 hours and symptom-free

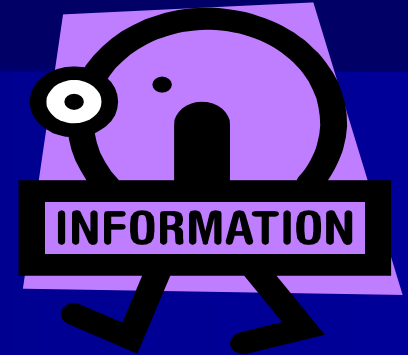
Consultation



- Consult with your state or local health department for:
 - Recommendations to prevent the spread of respiratory illness
 - Reporting of any unusual increase in illness in either children or staff

Communications Planning Staff and Families

- Develop a plan to communicate
 - Hotlines
 - Telephone trees
 - Text messaging
 - Web site
- Ensure all staff and families understand what your acceptance policy will be during a flu pandemic
 - May be different than your current acceptance policy
 - Will be strictly enforced; sick children will not be accepted in the program



Communications Planning Staff and Families

- Test and explain the communications plan
- Provide information in the appropriate language and reading level
 - Links to excellent materials found on CDC checklist

Conclusion

- The U.S. Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) developed a checklist to help you prepare for the effects of a flu pandemic
 - Checklist in your packet
 - Utilize this checklist as a guide for your pandemic flu planning
- Many of these steps can help you plan for other types of emergencies
- More information on pandemic flu can be found at www.pandemicflu.gov

THANK YOU



QUESTIONS

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